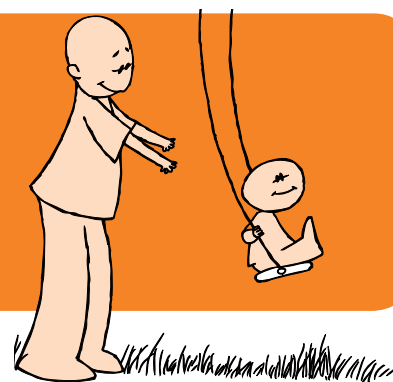


Protect the ones you love

FALLS



The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like falls, is a step toward this goal.

Falls are the leading cause of non-fatal injuries for all children ages 0 to 19. Every day, approximately 8,000 children are treated in U.S. emergency rooms for fall-related injuries. This adds up to almost 2.8 million children each year.

Thankfully, many falls can be prevented, and parents and caregivers can play a key role in protecting children.

Prevention Tips

The following are tips that can be used to prevent children from sustaining injuries related to falls:

Play safely. Check to make sure playground equipment your child uses is properly designed and maintained and there's a safe, soft landing surface below.

Make home safety improvements. Use home safety devices, such as guards on windows that are above ground level, stair gates, and guard rails. These devices can help keep a busy, active child from taking a dangerous tumble.

Keep sports safe. Make sure your child wears protective gear when playing active sports, such as wrist guards, knee and elbow pads, and a helmet when in-line skating.

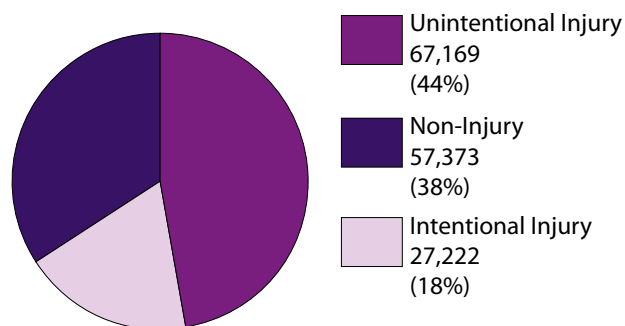
Supervision is key. Supervise young children at all times around fall hazards, such as stairs and playground equipment, whether you're at home or out to play.

Please visit www.cdc.gov/safekid for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.

Child injuries are preventable



The Burden of Child Injury, Unintentional Injury Deaths Ages 1–19, United States, 2000–2005



- Across the United States, injuries are the leading cause of death among children ages 19 and younger.
- About 33 children die every day because of injuries.
- Each year, nearly 9.2 million children aged 0 to 19 years are seen in emergency departments for injuries, and 12,175 children die as a result of being injured.

In addition to doing all you can to protect a child from being injured because of a fall, follow these steps to prevent other leading causes of injuries:



Burns —Fire and scalding water can pose threats to children. To help keep kids safer from burns caused by fire, install and maintain smoke alarms in your home.



Drownings —Drownings can happen quickly and quietly, but installing four-sided fences, with self-closing and self-latching gates, around backyard swimming pools can make a life-saving difference by keeping kids away from the water when you're not there to supervise.



Poisonings —Everyday household products can be poisonous to children, but you can safeguard your home. Keep medicines and toxic products, such as cleaning solutions, in locked or childproof cabinets.



Road traffic injuries —To make injuries less likely when you're on the road with kids, always use seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

www.cdc.gov/safechild